

Additional file 2. Yoga Module for Hypertensive Patients

	Practices	Duration (min)
1.	Starting with “omkar”	1 min
2.	Warm-up exercises with synchronization of breathing in the sitting position: 1. Toe bending 2. Ankle bending 3. Knee bending 4. Half butterfly 5. Finger bending 6. Wrist bending 7. Elbow bending 8. Shoulder rotation 9. Neck bending up and down	5 min
3.	Yogic abdominal awareness, breathing and feeling in “shavasana”	3 min
4.	“Ardhakatichakrasan” (Lateral Arc Pose)	2 min
5.	“Vakrasana” (Twist Pose)	2 min
6.	“Chandravedi Pranayam” (Left nostril breathing)	2 min
7.	“Sheetali Pranayam” (Cooling breathing)	2 min
8.	“Nadi Suddhi Pranayama” (Alternate Nostril breathing)	2 min
9.	“Bhramari” (Humming bee breathing)	2 min
10.	Yoga “nidra” (Yogic sleep)	9 min
	Total Time	30 min